Sweet Hollows Designs

Opening Week, Fall 2018

Sweet Hollows Designs Studio, 2 Wheeler Ave., Suite 201, Toronto, Ontario, M4L 3V2

Contact by email info@sweethollows.ca or Telephone Ingrid Splettstoesser 647-688-9795

Featured guest speaker is Gail Franklin of Gn'R Alpaca Farm, who will be conducting a class on **How to make 3D felted vessels** on Sunday November 4, 2018, 1:00 pm to 4:00 pm. Cost $75 per person, please pre-register.

In this workshop you will learn how to design and make a unique 3D seamless hollow object and cat toy using the wet felting method.

- This technique allows you to create any hollow form such as a vessel, purse or small bag.
- Alpaca fibre will be used since Gail is an alpaca farmer and shading accents may be from raw alpaca or wool.
- The workshop includes all materials.
- No experience required, but please bring your own towel.
- Parents, this is a great activity to be involved with one of your older children (two fees required).

Presenter: Gail Franklin-Hawes of Gn'R Alpaca Farm. Gail is a weaving and textile graduate and fibre artist who loves raising her own alpacas (and sheep, goats and chickens).

Detailed schedule for Sweet Hollows Designs Studio opening week.

Sunday, October 28 at 11:00 am: **Ribbon Lady Walk**,

Meet us as we walk from our studio at 2 Wheeler Avenue, Suite 201 east on Queen to the lights, then west on Queen and through Kew Gardens Park, down Lee Avenue to the beach. We will retrace our steps to return to our studio. Put a natural ribbon on our iron Ribbon Lady to show your shared commitment to natural clothing. (weather permitting)

Sunday, October 28 at 12 noon until 1 pm: **Open House,**

At our fibre arts and contemplation studio, 2 Wheeler Avenue, Suite 201, in the Beach of eastern Toronto.

Monday, October 29 at 12:15 pm to 1:00 pm: **Honouring my Excitement**,

Lunchtime talk and practice in the **Being Myself** series led by Ingrid Splettstoesser. $25.00. Register by email or phone (647-688-9795). Pay in advance to reserve your space.

What happens when you are excited about a new venture or idea? How do you embody it, nurture it, let it grow and transform? Feel the right to your excitement be within yourself, calming and strengthening your body, spirit and mind as you respond to both your supporters and naysayers. Draw upon life force energies at multiple levels to work with this important aspect of joy in our lives.

Tuesday, October 30 at 7:00 pm to 7:45 pm: **Focused Knitting Level 1,**

During this first session of Focused Knitting Level I, we will use three colours to make a fashion headband; try contemplative techniques to improve grounding, encourage flow and strengthen human energy field boundaries; and discuss objectives and additional projects that you would like to complete during subsequent Level 1 sessions. Free if you use our yarn, $25.00 otherwise. Book an assessment or basics pre-training by email or phone (prerequisite).

Thursday, November 1 at 7:30 am to 9:00 am and 12 noon to 1:30 pm: **Free 20-minute Reiki or Brennan Healing Science session,**

Experience the calming and soothing effects of Reiki or Brennan Healing Science life force energy flows as they are made available to support your human energy field. Contact us by email or phone to obtain an intake form and book your appointment.

Friday, November 2 at 12:15 pm to 1:00 pm. **Focused Knitting Level 2**,

Use cable stitch and knitting in the round to make comfy stretch leg warmers in this first session. Try contemplative techniques to access your inner strength and creativity. Discuss objectives and additional projects that you would like to complete during subsequent sessions of Level 2. Free if you use our yarn, $25 otherwise. Book an assessment by email or phone (prerequisite).

Saturday, November 3 at 10:00 am to 12 noon: **Medley Design: Dog Coat**,

Free session making a dog coat out of your gently used sweaters. Create a unique dog coat or follow our suggested design. Book a pre-session meeting by email or phone to consider your dog coat objectives (prerequisite).

Sunday, November 4 at 1:00 pm to 4:00 pm: **Wet Felting: 3D vessel and Cat Toy,**

Guest presenter Gail Franklin-Hawes of Gn'R Alpaca Farm, a weaving and textile artist brings her skills and her wares to us. $75. Register by email or phone.